

Coffee Break

By Adeline Daley

I picked up a magazine the other day and after thumbing through it was tempted to write an indignant letter to the publisher.

I was most disappointed in not finding a new theory on how to lose weight, because, truly, we are living in "The Diet Age." (However, what can you expect from a magazine like "Popular Mechanics"? Lately, I have been keeping tabs on how many articles advocate exercise or vice versa. For instance, the latest "Good Housekeeping" states that "exercise is a most inefficient way to lose weight." Bravo.

Conversely, "Woman's Day" has a handy chart showing the exact amount of calories a woman can burn up by doing fun things as making beds (3.9 calories per hour) washing windows (3.7) ironing (4.21). In fact, I was tempted to sell our automatic washer and dryer because you can burn 4.4 calories by washing clothes by hand and 4.5 by hanging them out on a clothesline.

And were I to take a job as a lumberjack (8.0) or as a farm field hand (7.3) in no time at all I'd have a figure like Audrey Hepburn's.

On the other hand, do you ever see any of the "Metrecal for Lunch Bunch" in the TV commercials doing any menial chores? No, they're too busy sailing their yachts, pausing momentarily to reach into their picnic hampers for one of the many "different" exciting flavors such as Dutch Chocolate, Chocolate Malt, Chocolate Marshmallow, Chocolate Fudge, and Chocolate — whatever that is.

Should you be expelled from the "Metrecal for Lunch Bunch," you can always "look five pounds thinner in a Playtex living girdle."

You can also subsist on lo-cal gelatin desserts, lo-cal chewing gum and lo-cal cola. In fact, my own children have become so diet-conscious when I suggested that they give a horse a lump of sugar, Diane protested and asked if I didn't have a saccharine tablet instead, because she felt the horse could stand losing a few pounds around the midriff. (who can't?).

The diet experts also disagree on how you should count calories. Some insist you should merely count the carbohydrate grams (60 a day being the total); and if you eat a slice of watermelon you've blown your week's quota, but then again, you can gorge yourself on butter, provided you eat it plain.

About now I'd like to see a few articles on "What's So Great About Carrot Curlys?" and "I Kicked LSD" (low sodium diet) and anyone for Kate Smith as a pin-up girl?

PTA The Torrance Council Way

Mrs. Ralph Gring

COUNCIL
Executive Board meeting of the Torrance Council of Parent and Teacher Association will be held Wednesday, Nov. 2, 1966, at 9:30 a.m. at the Torrance Recreation Center.

Torrance Council president, Mrs. Perry Baker will have on her agenda the election of the Council Honorary Life committee and the featured charmen will be: Mmes. Robert Schrauben, student welfare; James Morris, library; and Thomas Lemley, ways and mean chairman.

Mrs. Lemley is chairman of the annual Holiday Workshop. This will be held at the Torrance Recreation Center on Nov. 16, from 10 a.m. to 9 p.m. and Nov. 17, from 10 a.m. to 8 p.m.

CASIMIR

Presiding over the recent Association of Casimir PTA, was the newly-elected president, Mrs. Arthur Maikeski. She was unanimously elected to fill this office at a recent Board meeting. She will take the place of Mrs. Morton Bassin, who had to resign from her new office as she and her family are moving to San Diego.

A luncheon was recently held at the home of Mrs. Lynn Thompson, parliamentarian, to honor Mrs. Bassin, who has done such a wonderful job and worked so hard all summer organizing the plans for Casimir's 1966-67 year. At this time the new president, Mrs. Arthur Maikeski was introduced to the board members.

Mrs. Maikeski had worked with the Casimir PTA for many years and the first big job on her agenda was the annual PTA Carnival held October 28.

TORRANCE HIGH
"Danger Ahead! Recognize the Signs," a program on narcotics, will be the topic for Torrance High School PTA's Nov. 2 Association meeting, to be held in the Girls' gymnasium, at 7:30 p.m.

Due to the importance and interest in this subject, students are urged to attend with their parents. The program will feature a speaker from the Narcotics Division of the Torrance Police Dept. Ample parking spaces will be available. Those attending should enter through the main parking lot, where attendants will be on hand to direct.

At a recent board meeting, Mrs. A. L. Campbell, membership chairman, announced the membership campaign a huge success with the junior class bringing in the most memberships. At present, Torrance High PTA is leading other schools in the district with 1,193 members.

Mrs. James A. Davis, president, and six board members will attend the 33rd District PTA Fall conference to be held at Robert Frost auditorium in Culver City.

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INDIAN MAIDEN INDUCTION

Indian Maiden Council will hold its 15th induction on Nov. 12 when it initiates the Arapaho Tribe bringing the total to 31 tribes. All Tribes will participate in the colorful ceremony conducted by Tau Ku Ma Mrs. Robert Reimers of the Awanee Tribe and Medicine Tau Mrs. Markus Grosscup of the Shasta Tribe. Alpha Renz of the Torrance YMCA will conduct the graduation. Ready for the ceremony are Cathy Ebner 8, with peace pipe, Deborah Campbell 7, Mrs. William Ebner, leader, and Terisa DuBois 6, looking on. At right, Delonna Herrin 8, who talks too much is reprimanded by Wendell Waples, waving the feathered stick. All mothers and daughters are invited to attend the induction. (Press-Herald Photo)

Future Activities On the Roster

CITY OF HOPE
Sam Levy Chapter of the City of Hope will hold its next regular meeting on Wednesday, Nov. 2, at 10 a.m. at the home of Mrs. Jo Ann Silence, 22317 Osage St., Torrance. All members are urged to attend.

MANHATTAN BEACH AAUW BRANCH
Hampton Players Drama Trio will perform for the Manhattan Beach Branch of the American Association of University Women on Nov. 14 at 8:30 p.m.

The Trio composed of Bob Farnsworth, Kathleen Rogart, and John Petlock will present a program "The World of Carl Sandberg." The meeting will be held at the Manhattan Beach Community Church, 303 S. Peck Ave., Manhattan Beach. For further information, Mrs. Orlando Tafuya, president, or Mrs. Lowell Haueter, membership chairman, may be called.

PRECEPTOR ALPHA BETA CHAPTER
Preceptor Alpha Beta Chapter of Beta Sigma Phi will entertain members and guests with a "Hard Times" party Saturday evening, Oct. 29, at 8:30 p.m.

Members will wear costumes purchased from other members sight unseen. The party will serve both as a ways and means project and a social.

Mr. and Mrs. Robert Marble will host the event in their home at 756 W. 173rd Pl., Gardena.

Attending will be Messrs. and Mmes. Louis Below, Harold Collins, Andrew Foster, Dominick Nardelli, Eugene Olson, Lester Mayfield, Raymond Millhouse, Robert Nicholson, T. R. Marble.

Also Mmes. Frances Richards, Blanche McCallum and Miss Martha Oehlerking.

SWEET ADELINES "SOUNDS OF MUSIC"
The Gabrielles, a quartet from the L. A. South Towns Chapter of Sweet Adelines, Inc., will be a part of "The Sounds of Music," the chapter's annual show presented on Saturday, Nov. 5, at 8 p.m. at Westchester High School auditorium.

A well-known quartet, The Share-a-Tones, also comprised of members of the L. A. South Towns Chapter of Sweet Adelines, Inc., will add their talents to the annual show.

For ticket information Mrs. Sid Hallburn may be called. There is a special price for senior citizens and children.

BANNING HIGH ALUMNI DANCE
Banning High School Alumni will hold its 14th annual dance, sponsored by the Wilmington Junior Woman's Club on Saturday, Nov. 12, at the Edgewater Inn Marina Hotel, Empire Room, 6400 Pacific Coast Hwy., Long Beach.

Al Sanada's Dance Band and The Strangers, a rock and roll band will play continuous music. The donation will be used for scholarships for Banning graduates as well as other Junior Club philanthropies.

Tickets may be obtained by calling Mrs. Ray Allison, 1137 Bay View Ave., Wilmington.

OCCIDENTAL CLUB HOLIDAY BOUTIQUE
Dollars for Occidental College scholars is the goal for Occidental College Women's Holiday Boutique set for Friday, Nov. 11, from 10 a.m. to 3 p.m. in Freeman Union patio on campus at 1600 Campus Road. Home baked gourmet foods, hand-crafted holiday decorations, hand-sewn "Santa's Work-

South Bay Women Offered Vocational Guidance Class

Torrance YWCA in co-operation with the Torrance Office of the State Department of Employment Services is offering women of the South Bay area, who are interested in going back to work, a class in Vocational Guidance. The class will meet for a two hour session once a week for eight weeks. It will also include professional testing in interests and aptitudes and an individual counseling session for the test interpretation.

The weekly sessions will include speakers from the fields of business, industry and education. The sessions will be on: "An Over-All Look At the Labor Market" for women in the South Bay area; employment opportunities for women in mer-

chandising, food services, back to work, and one session on "Success On The Job." At each session there will be opportunities for the women to ask questions of the speakers in their areas of information.

The class will be necessarily limited to 20 women because of the testing. It will meet each Monday morning from 10 a.m. to 12 noon at the Torrance YWCA, 2320 W. Carson St., and is scheduled to start Nov. 7. For registration or information the Torrance YWCA may be called.



Altar Group Rummage Sale Slated

Nativity Altar Society will stage its annual two-day rummage sale on Friday and Saturday, Nov. 4 and 5. Hours for the sale to be held at Nativity Annex, will be from 10 a.m. to 8 p.m. on Friday and 10 a.m. to 6 p.m. on Saturday. The Annex is located at Engracia and Arlington Ave.

Mrs. Rudy Ortega and Mrs. Harley Berning, sale chairmen, invite the public to take advantage of the many bargains from tiny tot garments to large household appliances.

The major door prize will be a \$20 food certificate on the Alpha Beta Market at 2720 Cabrillo Ave.

Working every weekday morning from 9 a.m. until noon at the annex preparing for the sale are Mmes. Walter Cason, Raymond Sullivan, Charles Butterfield, Nicholas Zupparde, Eugene McGovern, R. L. Moffitt, Leonard Reid, Elles Cook, John McVey, Raymond Montenegro, Carroll Thornton and Jack Wolinsky, guild chairman, assisted by guild members.

For pickup service of donation, Mrs. Raymond Sullivan may be called.

Rummage Sale Announced

Temple Menorah Sisterhood will conduct a Rummage Sale Monday and Tuesday, Oct. 31 and Nov. 1, from 9 a.m. until 4 p.m. at the Hitching Post, 15636 Hawthorne.

Sisterhood members have carefully collected and cataloged a large assortment of clothing, toys, and household items. All articles must be in usable condition.

Mrs. David Tanner has been named chairman of the project by Mrs. Jackson Belford, Sisterhood president. Her co-chairmen are Mmes. Paul Glassman, Mark Frisman, and Billie Ron.

Houseguests

Recent houseguests of Mr. and Mrs. Neil Silence were Mrs. Silence's parents, Mr. and Mrs. E. L. Snodgrass of Cachuma Lake, formerly of Torrance. During the stay, Mr. Snodgrass attended a dinner given by the Shell Oil Co., in whom he was employed until his retirement a few years ago.

Recreation Dept. Sponsors

Bus Trip to Concert

Martha Graham, world renowned dancer, actress, choreographer and dramatist, will be the main attraction of a special evening bus trip to UCLA's Royce Hall scheduled by the Torrance Recreation Department, Friday, Nov. 4. Persons participating in this bus trip will see one of the most outstanding masterpieces of dance "Clytemnestra."

Miss Graham has been prominent in her chosen field since the beginning of her career during the early twenties when she was a "shop," children's toys, gifts and gadgets are being prepared in several hundred OCWC homes and at workshops all over Southern California.

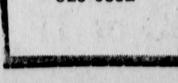
Dance enthusiasts who are interested in attending may obtain further information by calling the Joslyn Recreation Center staff.



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